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Turkey, a once-promising democracy, has entered a downward spiral into dictatorship. President Recep Tayyip Erdoğan is to blame for this. In the aftermath of a failed coup attempt, Mr. Erdoğan has:

- **shut down 185 media outlets** including newspapers, magazines, radio and TV stations, and publishing

WORLD'S BIGGEST PRISON FOR JOURNALISTS:

TURKEY

SINCE JULY 2016

195 MEDIA OUTLETS SHUT DOWN

OVER 3000 JOURNALISTS FIRED

302 JOURNALISTS JAILED

The following is only a representative list of 159 journalists
(Source: Pen International)

Abdülkadir Turay / DIHA News Agency
Abdullah Kaya / DIHA News Agency
Abdullah Kılıç / Meydan
Abdullah Özyurt / Zaman Newspaper
Abdulvahap İş / Freelance Journalist
Abdürrahim Ersöz / Freelance Journalist
Ahmet Altan / Taraf Daily
Ahmet Memiş / Haberdar
Ahmet Metin Sekizkardeş / Cihan News Agency
Ahmet Şık / Cumhuriyet Daily
Ahmet Turan Alkan / Zaman Newspaper
Ahmet Yavaş / TRT
Akın Atalay / Cumhuriyet Daily
Alaattin Güner / Cihan News Agency
Ali Ahmet Böken / TRT
Ali Aşikar / Azadiya Welat
Ali Babür Boysal / Zaman Newspaper
Ali Bulaç / Zaman Newspaper
Ali Konar / Azadiya Welat
Fevzi Yazıcı / Zaman Newspaper
Gökçe Fırat Çulhaoğlu / Türk Solu
Gültekin Avcı / Bugun
Güray Tekin Öz / Cumhuriyet Daily
Gurbet Çakar / Hevi Woman's Magazine
Habip Güler / Zaman Newspaper
Hakan Kara / Cumhuriyet Daily
Hakan Taşdelen / Freelance Journalist
Halil İbrahim Mert / TRT
Hamit Dilbahar / Azadiya Welat
Hamza Günerigök /TRT
Hanım Büşra Erdal / Zaman Newspaper
Haşim Söylemez / Aksiyon Magazine
Hatice Duman / Atılım Daily
Hayati Yıldız / Azadiya Welat
Hidayet Karaca / Samanyolu TV
Hülya Karakaya / Özgür Halk
Hüseyin Aydın / Cihan News Agency
Hüseyin Turan / Zaman Newspaper
Mustafa Gök / Ekmek ve Adalet Magazine
Mustafa Kemal Güngör / Cumhuriyet Daily
Mustafa Ünal / Zaman Newspaper
Mutlu Çölgeçen / Millet
Nedim Türfent / DIHA News Agency
Nur Ener / Yeni Asya
Nuri Durna / TRT
Nuri Yeşil / Azadiya Welat
Nurullah Kaya / Zaman Newspaper
Oğuz Güven / Cumhuriyet Daily
Oğuz Usluer / Haberturk
Olgun Matur / Antalya Newspaper
Ömer Çelik / DIHA News Agency
Ömer Oruç / Cihan News Agency
Ömer Özdemir / Zaman Newspaper
Önder Çelik / Cumhuriyet Daily
Osman Yakut / Zaman Newspaper
Ozan Kaplanoğlu / Bursa Muhalif
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10 BEST CONCERTS THIS FALL

From new solo acts to '90s nostalgia, catch the can't-miss shows in NYC. 30

How to write a great college essay. 14

Trump urges UN reform. 10

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GO AWAY, JOSE

As Hurricane Jose heads north, local coastal areas are bracing for their first rainfall related to this already destructive hurricane season. 4

PHOTO BY BILLY BECERRA, METRO

3 KILLED IN FLUSHING BUS CRASH

An MTA bus and a private bus collided yesterday morning. 6

WELCOME TO METRO.US

NIKKI M. MASCALI, REPORTER

The 2017 hurricane season has been devastating, but Mother Nature is not quite done with us yet. As Jose makes his way up the East Coast and Maria strengthens in the Caribbean, I talked to the National Weather Service to see what New York can expect and if these two storms will meet to join forces.

PRESIDENT TRUMP PUSHES UN REFORM

1 President Trump criticized the United Nations for bloated bureaucracy and mismanagement on his first visit on Monday to U.N. headquarters, calling for "truly bold reforms" so it could be a greater force for world peace. Ahead of his maiden speech to the annual U.N. General Assembly on Tuesday, Trump hosted a short event to boost support for changes to the United Nations. "In recent years the United Nations has not reached its full potential because of bureaucracy and mismanagement, while the United Nations on a regular budget has increased by 140 percent and its staff has more than doubled since 2000," Trump said. "The United Nations must hold every level of management accountable, protect whistleblowers and focus on results rather than on process," Trump said.

For more, see page 10

PAUL MANAFORT WAS WIRETAPPED

2 U.S. investigators wiretapped former Trump campaign chairman Paul Manafort under secret court orders before and after the 2016 election, CNN reported. The New York Times, citing two people close to the case, also reported that prosecutors told Manafort they planned to indict him. Federal agents raided Manafort's Virginia house in July. Manafort is one of several close advisers who helped President Donald Trump win the 2016 election and who are now being investigated as part of special counsel Robert Mueller's probe of alleged Russian interference in the U.S. vote. Manafort became Trump's campaign manager in June 2016 but was forced to resign two months later amid reports of his business relationship with the Kremlin-backed former Ukrainian leader Viktor Yanukovich.

TRUMP PROTEST

3 Protesters shout slogans and wave placards against President Donald Trump during the Rise and Resist Against White Supremacy demonstration inside the Grand Central Station in New York on Monday.

GETTY IMAGES

5 THINGS YOU NEED TO KNOW

TRUMP ADVISER: US STILL LEAVING CLIMATE PACT

4 President Trump's top economic adviser said at the United Nations that the U.S. stands by its plans to abandon the Paris climate pact without a renegotiation favorable to Washington, a step for which the international community has little appetite. Trump in June announced his decision to withdraw from the Paris agreement, saying it would harm industries, cost jobs, weaken American national sovereignty and put the country at a disadvantage to other nations. "We made the president's position unambiguous, to where the president stands, where the administration stands on Paris," Gary Cohn, director of the White House National Economic Council, told reporters after an informal breakfast meeting with ministers from about a dozen countries on the sidelines of the annual gathering of world leaders at the U.N.

DID OFFICERS CHANT, 'WHOSE STREETS?'

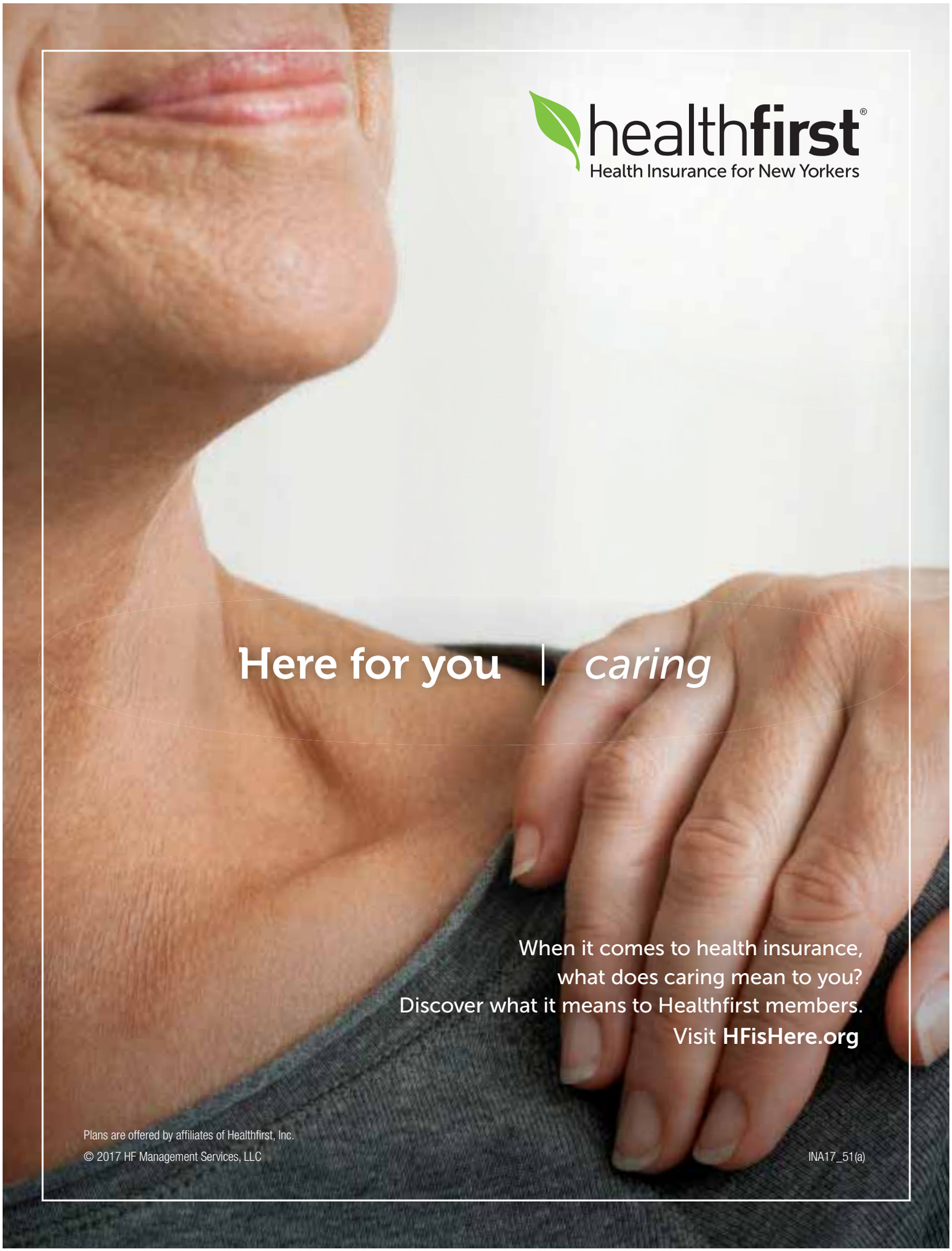
5 St. Louis police are investigating whether some of its officers chanted, "Whose streets? Our streets" during protests by people upset over the acquittal of a white former policeman who killed a black man. Protests entered a fourth day on Monday after three nights of arrests and scuffles with police. More than 80 people were arrested late Sunday, when police in riot gear used pepper spray and detained demonstrators who defied orders to disperse following larger, peaceful protests. A St. Louis Post-Dispatch photojournalist, David Carson, tweeted that he and others heard some officers chant, "Whose streets? Our streets," commandeering a refrain used by the protesters themselves. A grainy video circulating online shows a group of officers and the chant can be heard.

POLL

A narrow majority of Americans don't trust President Trump to handle the conflict with North Korea. The survey found 51 percent of Americans distrust the president's ability to contain the North Korean government in Pyongyang.

51%

Source: NPR/Ipsospoll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NYC and East Coast to feel effects of Hurricane Jose

Coastal areas from Delaware to Rhode Island are under tropical storm watches and warnings as the storm moves north.

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Bicyclists head east on a very empty Wall Street ahead of the arrival of a rain storm in the Financial District. ALL PHOTOS BY GETTY IMAGES

Surfers ride the waves at Rockaway Beach in Queens.

While the East Coast is not a direct target of Hurricane Jose, the region will still be affected as the storm is on the move north.

As of 11 a.m., Monday, Jose was centered between Cape Hatteras, North Carolina, and Bermuda, National Weather Service meteorologist Ross Dickman told Metro.

"Over the next 24 to 36 hours, it is expected to move to the Northeast, kind of parallel to the coastline, then off to the east and stall out over the weekend, well east of Cape Cod and Long Island," he added.

Since the storm isn't expected to directly pass over New York City, Dickman anticipates a "fairly minor" impact on the metro region.

"The only caveat would be the coastal-flood impacts," he said. "We are expecting some minor, possibly some moderate coastal flooding in some of the more vulnerable shoreline locations, like Jamaica Bay or back bay areas. It shouldn't have too much of an impact in Manhattan, but Staten Island and Bergen Point, New Jersey, could see higher water levels they wouldn't normally see."

While that is a concern, "It's nothing we haven't seen in the past with, say, a typical nor'easter," Dickman added.

Jose will not only bring strong winds and heavy rain through Wednesday, the NWS warns, it's also causing dangerous rip and surf currents along the coast. Tropical storm watches and warnings have been in effect from Fenwick Island and Delaware Bay south in Delaware through Block Island in Rhode Island since at least 8 a.m. Monday.

New Yorkers can anticipate breezy temperatures in the mid to low 70s and showers through Wednesday evening.

Eastern Long Island, southeast Connecticut, southern Rhode Island and southeast Massachusetts, including Nantucket and Martha's Vineyard, may see rain accumulations between 3 to 5 inches through Wednesday. The mid-Atlantic coastal region from southeast New York to Maine may also see 1 to 3 inches of rain and isolated flooding, the NWS said.

Boston will be mostly cloudy through Monday evening, when showers and patchy fog arrive and are expected to remain through tomorrow night. Tropical storm conditions are possible come Wednesday, which could lead to strong winds, beach erosion, power outages and flash flooding.

"The system is weakening," Dickman said of Hurricane Jose, and "as it gets up into our latitude, it should weaken to a tropical storm. We'll be far enough away from it that the more direct impacts will be felt across extreme southeast New England and not over the New York area."

3-5

EASTERN LONG ISLAND MAY SEE RAIN ACCUMULATIONS BETWEEN 3 TO 5 INCHES THROUGH WEDNESDAY.

1-3

THE MID-ATLANTIC COASTAL REGION FROM SOUTHEAST NEW YORK TO MAINE MAY SEE 1 TO 3 INCHES OF RAIN.

"It's nothing we haven't seen in the past with, say, a typical nor'easter."

Ross Dickman

FORECAST

Today
72°/67°

Tomorrow
80°/68°

Source: Accuweather

Source: National Weather Service

On the heels of Jose is Hurricane Maria, which is "rapidly strengthening" in the Caribbean, Dickman said. Initial reports indicated she is strengthening Jose as he travels north, but "they're not interconnected," he clarified. "The long-range guidance does suggest there may be interaction between the two cyclones, but now there's no correlation."

Though Maria isn't expected to make landfall until Monday night in the Leeward Islands, the storm's heavy winds leapt from 90 mph to 120 mph in just three hours on Monday morning. Maria is anticipated to strike Ponce, Puerto Rico, around 8 a.m. Wednesday and the Dominican Republic 24 hours later, Dickman said.

The region is still recovering from the devastation brought by Hurricane Irma less than two weeks ago.

"That area could be in line for some substantial damage because (Maria) is classified as a Category 4 hurricane as it crosses the area," Dickman said. "This is a particularly dangerous situation for Puerto Rico. We're expecting 6 to 9 feet of water, perhaps above ground level in terms of storm surge in the southeast part of the island. That can be absolutely devastating for those areas."

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Bus crash on Northern Boulevard in Queens. JACKY CHAN

Three dead, more than a dozen injured in Queens bus crash

An MTA bus and a private bus collided during Monday morning rush hour.

KRISTIN TOUSSAINT
@kristindakota
kristin.toussaint@metro.us

Three people were killed and at least 16 others injured after an accident between an MTA bus and a private tour bus Monday morning in Queens, FDNY said.

The fire department responded to a call about the accident at Main Street and Northern Boulevard in Queens at 6:18 Monday morning, officials said.

The MTA bus and private bus from the company Dahlia Travel and Tours collided and also struck a building, which resulted in a small fire at a local business. Firefighters have extinguished that fire on Northern Boulevard.

One person died at the scene, officials said, and two others died en route to the hospital. The three fatalities include a pedestrian who was pinned by a bus, the driver of the Dahlia bus and a passenger on the MTA bus.

Several others are in critical condition, officials said. Nine people have minor injuries.

Firefighters cut off gas to the building impacted by the crash and are assessing the building for any structural damage and any other potential victims. Officials could not immediately say if anyone was in the building at the time that the buses hit.

"As you have observed, these buses spun around. That requires an enormous amount of speed," Metropolitan Transportation Authority Chairman Joe Lhota said at a news conference. "The MTA driver is in the hospital in a non-critical condition and he is being spoken to right now by investigators."

Dahlia Travel and Tours is a travel service based out of Flushing. When called, the person who answered the phone had no information about the accident.

Dahlia Travel and Tours has less than 10 reviews on Yelp, all of which are one star. The earliest review dates back to 2010 and the most recent from March 2017. Many of the reviews mention the buses weaving in and out of traffic.

"Get Dahlia Bus Company off the roads now!!!" a review from March of this year reads. "This is a tragedy waiting to happen if it hasn't already."

The city bus had been making a right turn when it was hit by the charter bus, according to Kevin Ortiz, spokesman for the MTA. The buses then spun around on impact.

> ***"Hard to compare to anything I've ever seen, the sheer destruction from the impact of this collision."***
> Bill de Blasio

Security camera footage from near the scene shows the horrifying moment of impact as the Dahlia bus slams into the MTA bus.

FDNY and NYPD stayed at scene of the accident Monday morning. The police department's 109th Precinct called the crash a "serious collision" and warned that it caused heavy traffic and delays. Multiple Queens buses are being detoured from the scene.

Mayor Bill de Blasio was at the scene Monday morning as well, offering prayers to the victims' families. One of the victims who died was walking down the sidewalk when the accident occurred, he said.

"We've had a really tragic morning here in Flushing, Queens," he said. "Hard to compare to anything I've ever seen, the sheer destruction from the impact of this collision."

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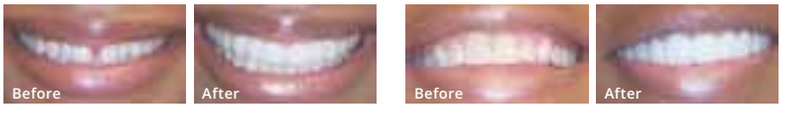

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“Demand Soars For Innovative Arthritis Treatment FDA

NYC Pain MD doctors offer powerful, cutting-edge arthritis treatment… prepares for over

By Matt Edgar
America’s Health Writer

Arthritis sufferers can’t get it fast enough and doctors offering it can’t keep up with the demand. “Results are better than even I anticipated” noted one of the treating docs at the ***NY Pain MD*** Center for Non-Surgical Medical Relief Of Spine And Joint Pain with two locations right here in NYC.

He was referring to their innovative arthritis treatment program featuring Advanced Image-guided “Visco-Supplementation” at the conveniently located clinics..

“The response continues to be overwhelming. Once patients found out there was an FDA cleared, doctor-administered arthritis treatment that actually works – without the side effects of oral pain pills or risks of replacement surgery - and has enough scientific research that it is covered by many insurances and even Part B medicare – the offices continue to be deluged with arthritis pain sufferers wanting to find if they,too, can be helped. And newer research indicates it can help hips,ankles and shoulders as well”.

What Is This Treatment And How Does It Work?

If you are suffering with knee (or other joint) arthritis and pain, you are not alone. Degenerative joint disease or “arthritis” affects 21 mil-lion Americans and typically involves the weight bearing joints – like your knees. According to the American College of Rheumatology, nearly 70% of people over the age of 70 have x-ray evidence of the disease (and the ranks of much younger victims of this progressive disorder continue to grow significantly).

The worst thing is*:* Arthritis can be devastating. The pain can keep you up at night and make getting out of bed and moving around a daunting task. The pain and stiffness can suck all the happiness and joy right out of your life

And up until now, treatment options have not been that good…or that appealing to most patients. The basic protocol has been a steady diet of toxic pain pills until your joints completely wear out and then it’s time to surgically replace the knee joint.

Read This If You Have Already Had Treatment Without Good Results

Even if you’ve failed Synvisc, Supartz, or other arthritis programs or had “blind” procedures, good results may still be possible
when using ***NY Pain MD*** methods utilizing Precision Arthritis Targeting Technology (P.A.T.T).

To achieve the best results.

But Now Things Have Changed

Osteoarthritis is a joint disease that mostly affects the cartilage. Cartilages the tissue that covers the ends on bones in a joint. When healthy, cartilage allows bones to glide smoothly over one another and acts as a shock absorber. Your“ normal” knee also contains a small amount of fluid called synovial fluid. This synovial fluid is a thick, gel-like solution that cushions and lubricates the joint–much like oil lubricates the engine of your car.

In osteoarthritis, the synovial fluid loses it’s lubricating properties and “dries up" allowing the cartilage to break down and wear away. This is *like running your car with little or no oil*. Now as you attempt to use your knee(s), there is not enough lubrication causing the bones to grind together resulting in pain, swelling, stiffness and the joint continues to wear out. This is a vicious cycle and can lead to bone-on-bone rubbing and excruciating pain. Pain pills do NOT lubricate the joint or fix the problem. They simply mask the pain so you do not feel the pain as your joints continue to deteriorate. The eventual repercussions of this are obvious.

“Visco” Is Very Different

And here is why: It contains hyaluronate, one of the two natural lubricating agents found in your own synovial fluid. Viscosupplementation is precisely introduced directly in to your knee joint in a series of 3-5 treatments (depending on severity) over a 4 to 6 week period. This instantly cushions the joint, reduces friction and allows greater motion with less pain or no pain at all in some cases.

This treatment not only lubricates the joint, but it acts as a shock absorber helping reduce grinding, inflammation and pain. **Here’s something very important to consider**: Even though these lubricating medicines are non-toxic natural substances and are NOT considered a drug, it is NOT something you can get at your local health food store. It is scientifically researched and produced by pharmaceutical companies, FDA cleared and can ONLY be administered by a qualified Doctor.

What’s Results Can You Expect?

According to one developers and manufacturers of these special gel medicines ... “A course of treatment –will relieve pain in a majority of patients for 6 months without the safety concerns of non-steroidal anti-inflammatory drug (NSAID) therapy. In many patients, the effect is likely to last even longer than 6 months.”And the best part is: Since these gel lubricants are natural substances; they can be used over and re over when necessary without risk. If it works for you, you may be able to look forward to years with less pain.

Who Should Consider Viscosupplementation... Where Can You Get It And...When Should You Start?

You should certainly consider The ***NY Pain MD*** method if you have been diagnosed with knee arthritis or told you need a knee replacement. If you have not been diagnosed with arthritis but have either knee pain, stiffness, swelling, difficulty walking or climbing stairs or loss of motion in the knee – you should have an examination to determine what the cause of your problem is. If you have any of those issues mentioned, there is a very good chance you already have-or are starting to get arthritis.

Very Important – Do Not Wait - Here’s Why …

Studies indicate that if the arthritis is caught soon enough, the cushioning effect of the treatments c may be able to help the knee heal and possibly, slow the arthritis thus help avoid joint replacement surgery. In other words, the sooner you start – the better. Does the procedure hurt? A local anesthetic is given to numb the area and the procedure is virtually painless. Most patients say it feels like nothing more than a slight“pinching” sensation… that’s it.

Why Treatments At *NYC Pain MD* Are So Extremely Precise

Our doctors are particularly well-trained in a state-of-the-art digital fluoroscopic imaging - also known at Precision Arthritis Targeting - which allows them to see directly inside the joint during the procedure and get the natural cushioning medicine exactly where it needs to go. This makes sure treatments have the best possibility for maximum success. This is crucial because studies indicate that when doing these types of procedures - without digital imaging - it can miss the

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rwhelming demand as news of it’s impressive results spread across NYC and Tri-State Area

joint space up to 30% of the time rendering the treatment outcomes less effective.

How To Check Out This Breakthrough Treatment And See It Is Right For You For FREE

All the doctors at ***NY Pain MD*** are extremely excited about the response and results with this wonderful treatment and would like to share it with as many arthritis sufferers as possible.

Here’s How To Get A Free Screening at *NYC Pain MD*

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But There Is A Problem…

Even though this advanced treatment can help many patients, it is not a wonder cure or a magic wand. It does not help everyone. For that reason, every potential patient should have a complete examination. You will only be accepted if we feel you are most likely to get the pain relief and outcome you are looking for.

That’s why ***NY Pain MD*** would like to invite you to come in for a knee arthritis screening at no cost to see if you actually are a candidate for comprehensive evaluation and possible treatment. All you have to do is call 877-503-3720 right now and when the scheduling coordinator answers the phone, let them know you want to schedule a “ ***NY Pain MD*** **Knee Pain And Arthritis Screening.**” They will know exactly what you are talking about and schedule you for our first time available. Dur-ing this time you can get all of your questions answered in a warm, friendly environment and begin to find out if the ***NY Pain MD*** protocol is right for you. But if you would like to do this, you should call right now. The demand for this procedure has been overwhelming with hun-dreds calling weekly . Since our doctors cannot possible screen everyone and we always make sure to give every single patient the personal attention they deserve, we have to limit these encounter. Therefore, the number of No-Cost,

No Obligation screenings is limited to just 20. But… just imagine how it would feel to have much, if not all, of your knee pain finally gone. Imagine going to bed and being able to sleep through the entire night – and waking up refreshed and energized… ready to take on the brand new day … without the arthritis pain that’s been terrorizing you and ruining your life. And imagine finally knowing you have a treatment to manage the pain caused by your knee arthritis. Well, you may not have to just “imagine” any more… because our specialized medical regimen could be the answer you’ve been looking for. If you’d like to find out - at no cost to you - if we can help, simply give ***NY Pain MD*** a call at 877-503-3720 right now. Why wait one more day in pain when you may not have to? Call now before some one else get’s your spot.

One More Thing & This Is Important…

Ever since offering this innovative treatment, our office has been flooded with calls. For that reason, if when you call, the lines are busy or you get voice mail… just keep calling back. The possibil-ity of living pain-free is well worth the effort it may take to get through to ***NY Pain MD*** schedule your No-Cost, No-Obligation screening.

And don’t forget: The special treatments are covered by many insurances and even Part B medicare for qualified candidates. To schedule your No-Obligation screening and consultation, call to speak to one our scheduling coordinators.

Call 877-503-3720 Now.

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UNITED NATIONS

What you need to know about Donald Trump's UN visit

President Trump will be at the United Nations in New York City this week for 20 meetings with hundreds of foreign leaders and to deliver his first speech to the General Assembly.

Trump's never been a fan of the UN, but the White House has said his feelings have warmed.

Trump's address at 10:30 a.m. on Tuesday is expected to focus on specific threats from North Korea and Iran, as well as terrorism across the globe. North Korean diplomats will have a front-row seat in the U.N. General Assembly when Trump talks about the escalating crisis between the two nations.

Trump arrived at the U.N. around 9:30 a.m. Monday, and was scheduled to depart early afternoon for a meeting with leaders of Israel and France at the Palace Hotel. Tonight at 6:30 p.m. Trump will host a dinner for Latin American leaders with Vice President Mike Pence.

Despite his skepticism about the value of international organizations and the United Nations in particular, Trump will seek support for tough measures against North Korea, while pressing his "America First" message to the world body.

"This is not an issue between the United States and North Korea. This is an issue between the world and North Korea," Trump's national security adviser, H.R. McMaster, said Friday.

The U.N. General Assembly gathering has prompted a multitude of street closures for New Yorkers.

Reuters contributed to this report.

MORGAN ROUSSEAU

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Trump urges UN reforms in address at first event

In a building where long statements are commonplace, Trump spoke for just four minutes.

President Trump criticized the United Nations for bloated bureaucracy and mismanagement on his first visit on Monday to U.N. headquarters, calling for "truly bold reforms" so it could be a greater force for world peace.

Ahead of his maiden speech to the annual U.N. General Assembly on Tuesday, Trump hosted a short event to boost support for changes to the United Nations.

"In recent years, the United Nations has not reached its full potential because of bureaucracy and mismanagement, while the United Nations on a regular budget has increased by 140 percent and its staff has more than doubled since 2000," Trump said.

"The United Nations must hold every level of management accountable, protect whistleblowers and focus on results rather than on process," Trump said.

"I am confident that if we work together and champion truly bold reforms the United Nations will emerge as a stronger, more effective, more just and greater force for peace and harmony in the world," Trump said in his first remarks at the U.N. since his inauguration as president in January.

More than 120 countries were invited to attend Monday's reform meeting after signing on to a U.S.-drafted 10-point political declaration backing efforts by U.N. Secretary-General Antonio Guterres "to initiate effective, meaningful reform."

Businessman Trump, who complained during his 2016 election campaign about the United States paying a disproportionate amount of money to the U.N., made the point again Monday.

"We must ensure that no one and no member state shoulders a disproportionate share of the burden and that's militarily or financially," he said.

The United States is the biggest U.N. contributor, providing 22 percent of its $5.4 billion biennial core budget and 28.5 percent of its $7.3 billion peacekeeping budget. The contributions are agreed on by the 193-member General Assembly.

Trump also said that all peacekeeping missions should "have clearly defined goals and metrics for evaluating success." REUTERS

Donald Trump will speak at the U.N. General Assembly. METRO/BILLY BECERRA

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Gov. Cuomo orders Con Ed investigation after Sunday's subway snafu

One straphanger called the ensuing delays "complete chaos" while Con Ed described the situation as a "power problem."

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"The status quo cannot continue," Gov. Andrew Cuomo said of a power issue that affected Brooklyn's largest housing complex and caused a suspension of subway service. TWITTER/@MICAHBERGDALE

It was so much of a Sunday of hell for New Yorkers that Gov. Andrew Cuomo ordered an immediate investigation into a Con Edison power outage in Brooklyn that incapacitated a large portion of the city's subway system Sunday afternoon.

Additionally, three buildings in the Red Hook Houses, the borough's largest public housing complex, lost power when a transformer near Jay Street failed at around 1 p.m.

Service between Brooklyn and Manhattan was suspended in both directions while Con Ed crews investigated, leaving many straphangers stuck on trains and trying to find alternate routes to the A, C, E, F and G train lines.

Rider Micah Bergdale posted a photo on Twitter from 145th Street, which he said was in "complete chaos."

This writer was on a D train that was running local from 145th Street for more than an hour trying to get to 14th Street, and spent more than 20 minutes stuck between 72nd Street and 59th Street. The conductor immediately informed riders that the delay was caused by a power failure at Jay Street-MetroTech.

Cuomo called the power failure "unacceptable" and said that Con Ed "must be held accountable for the multitude of issues with their infrastructure that are too frequently impacting the lives of millions of New Yorkers," in a statement. "I am directing the Department of Public Service to conduct an immediate top-to-bottom investigation into today's incident — the status quo cannot continue."

In a statement on its website at 2:30 p.m. on Sunday, Con Ed said only that the outage was caused by an "electric transmission disturbance" and that crews reported damage to electrical equipment in an area substation.

When Metro reached out for comment on Monday, Con Ed spokesperson Allan Drury said that the agency is still investigating the cause of the "power problem."

Drury added that two of the three Red Hook Houses buildings have had power restored, while the third is "on generation" and "no customers to my knowledge were affected." There is no ETA for when the third building will be fully restored to nongenerator power.

According to The New York Times, city officials said that one resident who is on life support was affected by the power issue.

Sunday's incident occurred just three days after massive delays wrecked havoc on the Thursday morning commute in Brooklyn, Manhattan and Queens due to track debris and switch and power problems.

HEALTHCARE

Democrats urge full review of Republicans' 11th-hour attack on Obamacare

Democratic leaders in the U.S. Congress on Monday demanded that legislative analysts examine both the budgetary and healthcare impacts of a last-ditch effort by Republicans to repeal Obamacare.

In a long-running war on former President Barack Obama's signature healthcare law, Republicans face a two-week countdown before Senate procedural rules make it much harder for them to advance their latest bill.

Republican senators Lindsey Graham and Bill Cassidy proposed replacing the 2010 Affordable Care Act, known informally as Obamacare, with a plan to give U.S. states money in block grants to run their own healthcare programs.

Democrats warned that the bill would be costly for some states and urged the Congressional Budget Office (CBO) to study more than the measure's effect on the federal budget.

"A comprehensive CBO analysis is essential before Republicans force a hasty, dangerous vote on what is an extreme and destructive repeal bill," senior Democrats Chuck Schumer, Bernie Sanders and others said in a statement.

Past attempts by Republicans to gut Obamacare have been hampered, in part, by CBO estimates that showed the bills would have left millions more Americans without health insurance. REUTERS

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How to write a great college essay

Writing from the heart will always make for the best college essay. ISTOCK

Find out what schools are looking for in your essay.

PATRICK KING
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Colleges take many things into consideration when accepting students into their programs. But one of the most unpredictable and subjective components of your application process is writing the essay. Sometimes you just have to perform the right amount of linguistic gymnastics to tug on the heartstrings of a school's admissions officers.

It's a tightrope every applicant has to walk. So there must be some sort of cheat sheet on how to jump this last hurdle, right? Well, as it turns out, writing from the heart may be the only way to ace this portion of your application. We spoke with Stacey Brook from College Essay Advisors to see if she could decode the perfect approach to writing a great college essay.

First and foremost, Brook believes you need to introduce yourself to the admissions department in a way that sets you apart from other applicants. In other words, "show admissions something they can't glean from your grades, your test scores or activities résumé."

By writing a well-thought-out essay that captures the essence of who you are, you will be able to blow them away with your authenticity and prove you are "not just another number."

Show the admissions department you bring something to the table that others do not. If you can, include details and anecdotes that are "highly specific to you and who you are" with your own perspective — it will show admissions officers you are capable of contributing something unique to the campus, and they will remember your essay more than other those of applicants who are simply coloring inside the lines. Basically, if whoever is reading your essay can "summarize what you've written in a sentence" or give you a nickname based on a story you told, the better chance you have of being remembered.

The admissions department will immediately be able to sense if you are coming off as disingenuous, so Brook has a test to keep you honest in your writing.

"One thing that I ask people to do is that when you finish your essay, hand it to somebody else and have them put their name on top of the page," she says. "Are the details that you've laid out and anecdotes you've written so specific to you that someone else cannot say that they wrote your essay?"

If you are detailing your cultural heritage or a niche hobby you are obsessed with, there will be no mistaking your experiences for someone else's, and you will demonstrate your value to the campus culture.

So are there any essay topics you should stick to or stay away from?

As Brook sees it, if the topic you choose is something you are passionate about and will show a different side of you, nothing is off limits. Colleges will generally give you a few different prompt questions in order to pull these kinds of stories out of you. But chances are, if you choose a subject that is true to yourself, you will have no problem providing the with the kind of information colleges are looking for.

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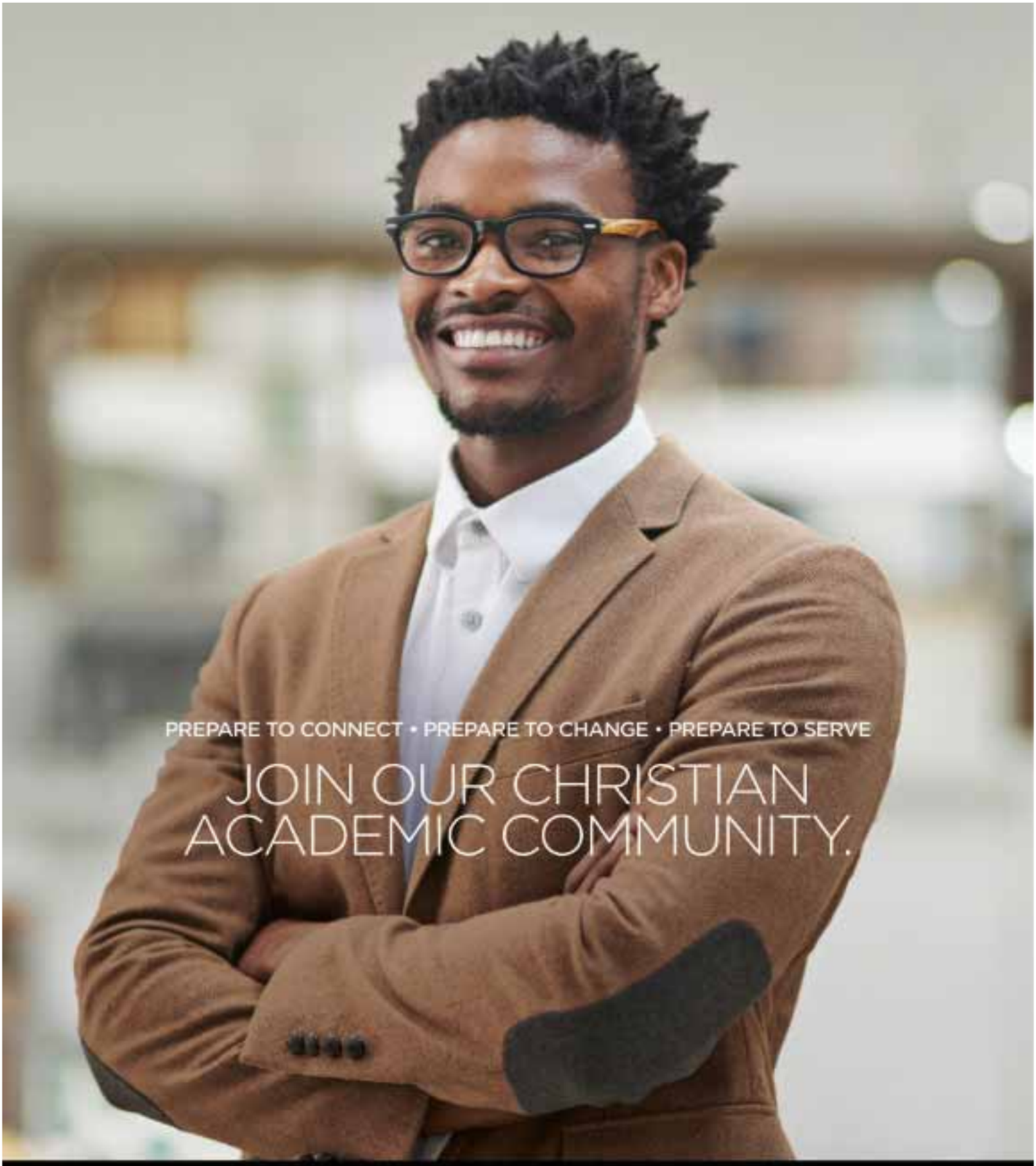
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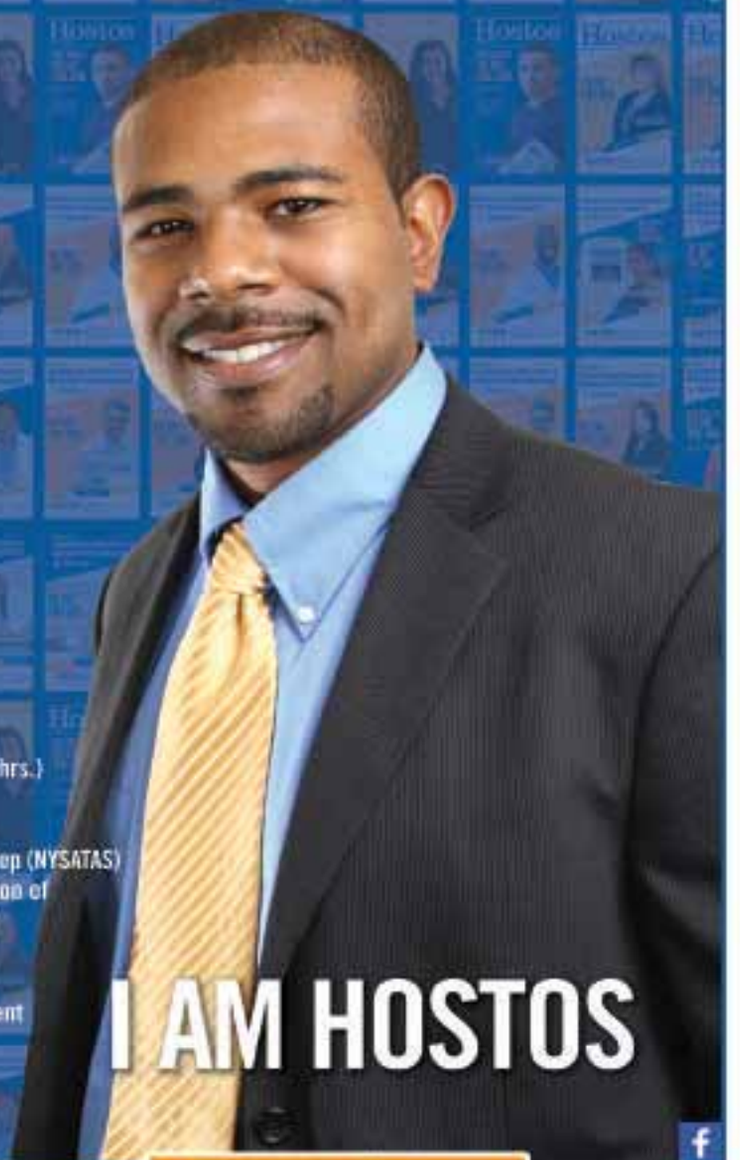

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Hate crimes up 24 percent in NY since Trump became president

Researchers point to "emboldened" white nationalists as hate crimes are on the rise.

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City streets are getting more and more dangerous for minorities in the Trump era as new research shows a dramatic rise in hate crimes in major U.S. cities like Philadelphia and New York.

A report by the Center for the Study of Hate and Extremism at California State University, San Bernardino reveals a 5 percent rise in the crimes that target people because of their race, religion, sexuality, disability or national origin in 2016 over 2015, the Huffington Post reported.

But the instances of hate crimes are actually rising much faster in major U.S. cities, according to the study provided exclusively to the Post, proving growing anecdotal evidence of increasing bigotry in the United States. The study relied on data reported by state and local law enforcement agencies and is the most comprehensive hate crime data in the U.S.

Despite a relatively modest uptick in these types of crimes nationwide, major cities like New York, Philadelphia, Chicago, Los Angeles and Washington saw double-digit increases.

Hate crimes increased by 50 percent in Philadelphia and rose 24 percent in New York between 2015 and 2016.

Researcher Brian Levin blamed the rise hate crime on "emboldenment and mainstreaming of white nationalism" since President Donald Trump won the election.

Election years tend to see increases in hate crimes. The FBI began collecting hate crime statistics in the early 1990s and has registered increases during every presidential election year since, but numbers typically level off after the votes are cast.

The spike in hate crime numbers in 2016, however, has been more dramatic and has shown no signs of slowing down, Levin said.

"What is so unusual about 2016 — with the exception of the Midwest — and particularly among the largest jurisdictions with the best data, was a clear and dramatic spike for the election period that was unlike anything I can recall in my professional career," Levin said.

New York is perhaps the most obvious example — the city saw a five-fold increase in these types of crimes over a two-week period around the election. It was far from alone, though.

November raked in the highest number of hate crimes of any month in the last two years in Boston, and Philadelphia recorded seven hate crimes during the election month — it typically averages about one per month.

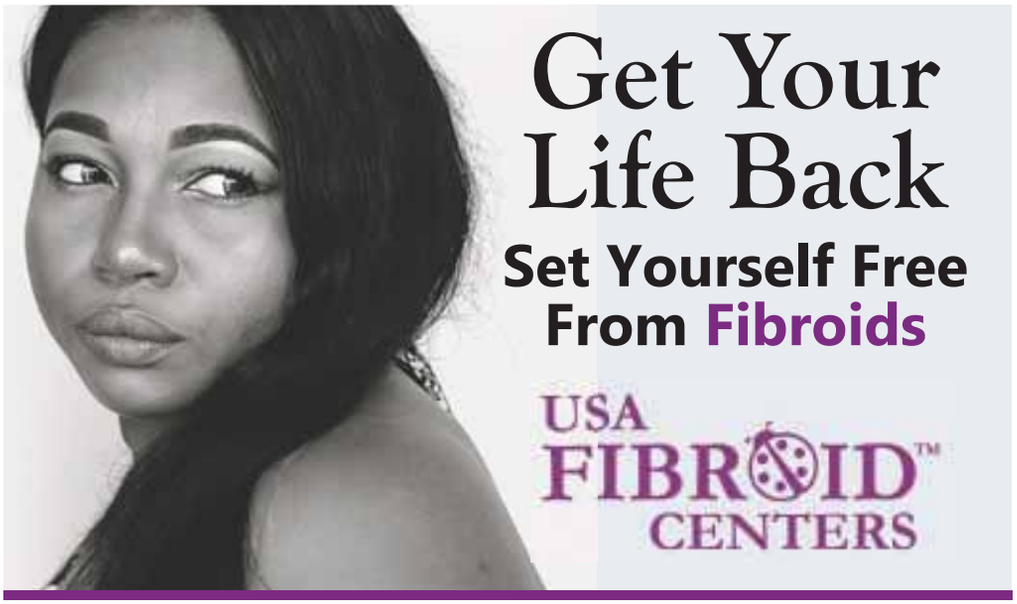
Several states and cities have seen a decline in hate crimes, but the report noted all were regions with a history of very few recorded hate crimes.

The election is over, but hate crimes aren't slowing down. An analysis of official police hate crime data from 13 cities shows 827 hate crimes so far in 2017, a 20 percent jump in those cities over the prior year.

In reality, it could be even worse. The data relies on law enforcement to tally the crimes, but Levin said hate crimes often go unreported and can be misidentified by police.

Levin pointed to "widespread bigotry against particular communities like transgendered and Muslims" as fueling the rise in hate crime, beliefs pedaled by President Trump.

Hate crimes are up dramatically in several major U.S. cities since President Donald Trump took office. GETTY IMAGES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Dumbo rehab center offers addiction recovery with luxe accommodations

Using health, wellness and stunning views of Manhattan, Phoenix Life Center in Brooklyn strives to the reduce the stigma of addiction recovery.

NIKKI M. MASCALI
@NikkiMMascali
nikki.mascali@metro.us

Dumbo is known for being an artist enclave and tech hub, but the neighborhood may now find itself on the forefront of the addiction recovery industry with the recent opening of the nation's first Phoenix Life Center.

Part of the 50-year-old Phoenix House rehabilitation organization, which operates in 12 states and Washington, D.C., Phoenix Life Center is the first area facility to offer a full spectrum of detox, residential and outpatient treatment under one roof.

But that's not the only first for the seven-story luxury center that is housed in a former paint factory. In addition to medication-assisted treatment, patients of Phoenix Life Centers focus on their strengths and health and wellness in their recovery.

"We're trying to get people to reconnect to their natural rhythms," Dr. Kamala Greene Génecé, the facility's director, said as she gave Metro a tour last week. "Someone who has a full, comprehensive recovery plan that includes exercise, diet and recreational activity has a significantly higher chance of succeeding in long-time recovery."

Patients will not only undergo daily seminars, group and solo sessions, they will also have access to a gym, yoga and meditation classes, art therapy, beautiful views of the Manhattan skyline, the ability to choose their own mattresses and pillows and a menu designed by Culinary Institute of America-trained chef Andy Marcellin to help reduce cravings.

Residents are able to choose their mattress and pillows while staying at Phoenix Life Centers. SOPHIE FORMAN

"Some patients go into facilities saying they can't eat any of this, and that can be a trigger to them," Marcellin said. "In our patient evaluation, we ask them food allergies and preferences."

Metro tasted a sample menu that featured cabbage with cottage cheese and macerated blueberries, ancient grain porridge with puffed rice and fresh peaches and swordfish with sweet potato succotash and buttered leeks.

"It's all about keeping the ingredients as simple as possible so they can actually taste the flavor," Marcellin said. "When it comes to recovery, food and nutrition is key, especially healthy fats and a lot of seafood." Keeping it simple also ensures that the patient can easily "continue this same lifestyle when they leave," he added.

By 2020, Phoenix Life Centers expects "the majority of our facilities to be Phoenix Life Centers," Communications Director Ashley Womble said.

The Brooklyn facility, called Riverwalk for its proximity to the waterfront, has four residential patients. With some floors still under construction, Génecé anticipates Phoenix Life Center will reach 85 percent of its 125 capacity by next fall.

The center has been well-received by its neighbors, Womble said. "People really understand that there's a problem, they've seen the news stories about people dying from opioid overdoses, and I think they're happy there are some solutions."

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President Trump's lawyers overheard talking about Russia probe at eatery next door to The New York Times

Seems they forgot that private conversations, like real estate, are all about location.

MICHAEL MARTIN
@MetroNewYork
letters@metro.us

Last week, Trump's personal lawyers Ty Cobb and John Dowd decided to grab lunch at BLT Steak in Washington, D.C. It's located at 1625 I St. NW – directly next to The New York Times office at 1627. The attorneys grabbed a table next to Kenneth Vogel, an investigative reporter for the Times.

The lawyers then began to "casually and loudly" discuss aspects of the Trump/Russia investigation, wrote Vogel in a Times piece on Sunday. Vogel could hear the pair talking about White House counsel Don McGahn, who has been less forthcoming with documents relevant to the investigation than Cobb would like, presidential son-in-law and adviser Jared Kushner, and the Trump Tower meeting with a Russian operative.

"Mr. Cobb was heard talking about a White House lawyer he deemed 'a McGahn spy' and saying Mr. McGahn had 'a couple documents locked in a safe' that he seemed to suggest he wanted access to. He also mentioned a colleague whom he blamed for 'some of these earlier leaks,' and who he said 'tried to push Jared out.'"

"'The White House Counsel's Office is being very conservative with this stuff,' Mr. Cobb told Mr. Dowd. 'Our view is we're not hiding anything.' Referring to Mr. McGahn, he added, 'He's got a couple documents locked in a safe.'"

"Mr. Cobb also discussed the June 2016 Trump Tower meeting — and the White House's response to it — saying that 'there was no perception that there was an exchange.'"

According to the Times, White House chief of staff John Kelly "privately erupted at Mr. Cobb" after being contacted about the lunchtime tête-à-tête.

Trump allies were overheard talking loudly about the president's ongoing legal problems. TWITTER / KENVOGEL

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Ben Affleck brought his new lady to the Emmys. Or vice versa, IDK.

Ben Affleck's GF makes her debut

Ben Affleck — a very sad Batman who is recently divorced from Jennifer Garner — quietly brought his girlfriend, Lindsay Shookus, as his date to the Emmys. Which is fine, or whatever!

Shookus was there because she's a producer on "Saturday Night Live." Affleck was there because… ol' Shook is a producer on "Saturday Night Live," I imagine — a show that was nominated for 22 awards. Supportive!

The couple have been publicly dating since July. But apparently, the two have a bit of history together: Multiple sources told Us Weekly in July that Affleck and Shookus had an affair in 2013, two years prior to Ben and Jen's 2015 separation.

Affleck's then-wife Garner allegedly confronted Shookus about canoodling with her former husband, but Shookus refused to "back down or quit the affair." OK!

You guys look happy, I guess. So it's chill or whatever.

the word

RACHAEL VAUGHAN CLEMMONS
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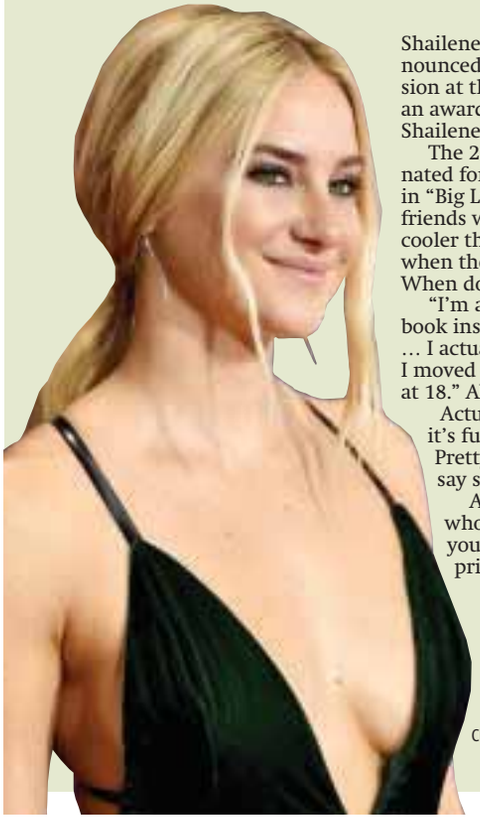
rachael.clemmons@metro.us

Colin Jost can't get enough!

Colin Jost is very excited about dating Scarlett Johansson, and he doesn't care who knows!The "Weekend Update" dude simplified the love that he and ScarJo share by saying that Johansson is "pretty cool." It's like poetry! The 35-year-old admitted to Entertainment Tonight that Johansson is "wonderful." And when asked why she's "the one for him" — wow, Entertainment Tonight is doing the most — he said, "She's pretty cool. It's hard to have a lot of complaints, she's pretty awesome." Stand aside, Neruda! This man puts words together like a it's true art form!"The first time she hosted was the first year I was a writer on the show," he hadded. "So, we've kind of known each other since then. She's the best."Jost and Johansson have been making out since May. Glad you guys are having a swell time!

The dude from "SNL" positively gushes about ScarJo. OK!

Shailene Woodley hates TV



Classic Shailene, to be honest.

Shailene Woodley proudly announced she's not that into television at the Emmys on Sunday — an awards show for TV. LOL, classic Shailene.

The 25-year-old, who was nominated for Best Supporting Actress in "Big Little Lies," says that her friends watch TV, but she's, like, cooler than that. "I just ask them when they have time to [watch TV]. When do people have time to?"

"I'm a reader. So I always read a book instead of turning on my TV. … I actually haven't had a TV since I moved out of my parents' house at 18." Ah, to be young.

Actually, this is fine. I mean, it's funny, but it's also fine. Pretty classic Shailene, if I do say so myself.

After all, this is the woman who suggested sunbathing your vulva, so. Are we surprised?

Kimmy wants to be a makeup artist

Kim Kardashian wants to be a makeup artist when she grows up because I guess she doesn't consider herself grown-up? I don't know, I have a lot of questions.

The 36-year-old had a wide-ranging interview with Allure, where she talks about her fixation with makeup and beauty and contouring, as you do.

Then, when asked what she wants to be when she grows up — which is a weird question, but, girl, I guess — she says a makeup artist! Because, duh.

"Maybe I'll be North's makeup artist!" But then, she gets for real. For which I am thankful. "I'm really happy doing exactly what I'm doing, honestly. I've never been happier in my work life than right now."

Aw. I love it when celebrities have even a sliver of self-awareness. It makes me so proud.

Baby makes a joke!
ALL PHOTOS GETTY IMAGES

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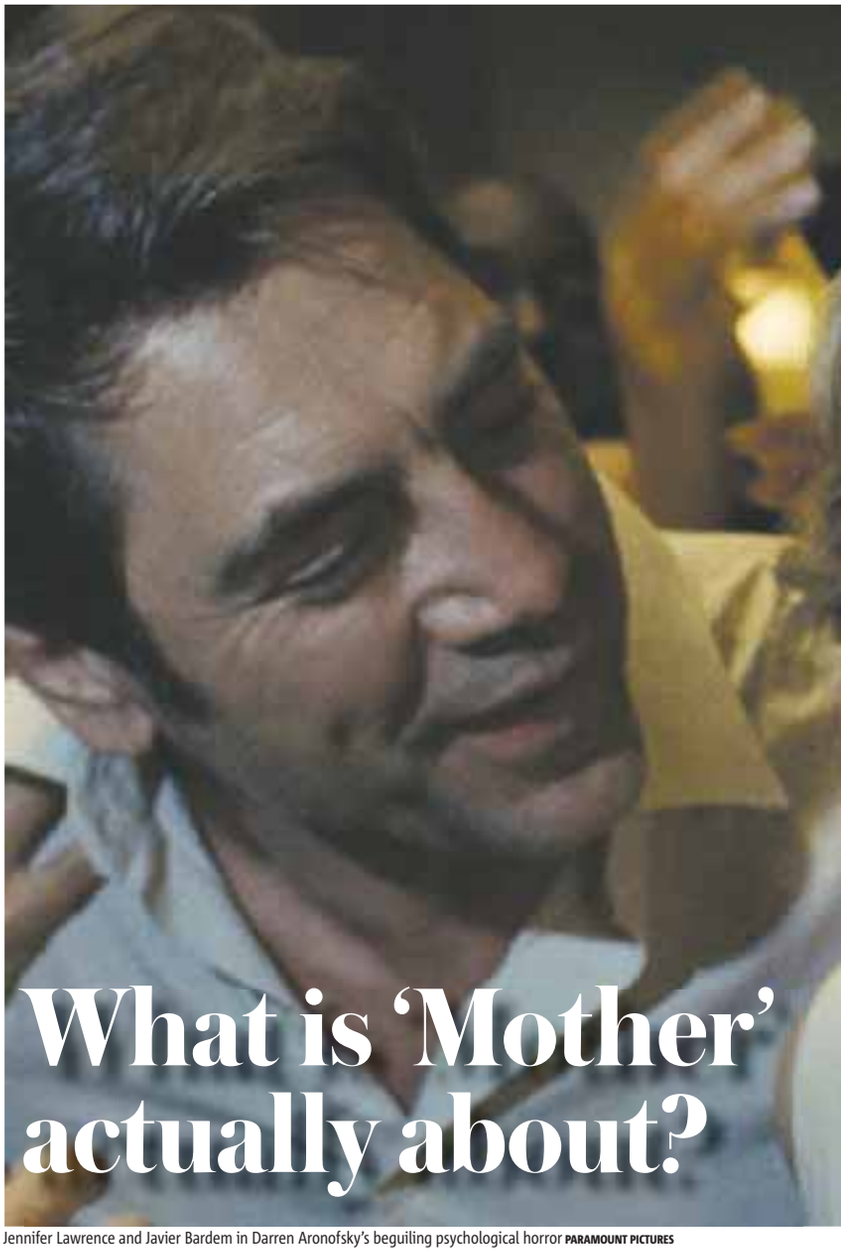

What is 'Mother' actually about?

Jennifer Lawrence and Javier Bardem in Darren Aronofsky's beguiling psychological horror PARAMOUNT PICTURES

Darren Aronofsky's producer has exclusively told Metro what the film means.

GREGORY WAKEMAN
@MetroNewYork
gregory.wakeman@metro.us

"Mother!" has provoked a huge amount of debate, as viewers try to figure out exactly what writer and director Darren Aronofsky was trying to say with the film. Aronofsky, who wrote "Mother!" in just five days, has packed the film with plenty of visual metaphors and imagery — but the actual intent is still rather hard to work out.

Thankfully for us, Ari Handel — one of the film's producers who has worked with Aronofsky throughout his career — has provided some priceless insight, revealing exactly what the director was trying to say with the film. Spoilers ahead.

Over the phone, Handel says Aronofsky wanted Jennifer Lawrence's title character to represent Earth, using the film to critique the various ways humans have damaged it.

"This film is about some large metaphors," Handel says. "In that way it's a cautionary tale, because this giving woman is pushed and pushed and pushed and everything that she loves is taken from her. [And] eventually, she strikes back with apocalyptic consequences. So with that metaphor in mind the film is a warning to us, and will hopefully make us take a look around a little bit."

Handel also notes how timely "Mother!" is, especially as Lawrence is made to feel unsafe in her own home. "This film creates a feeling of what it's like to feel unsafe in your safest places," Handel says. "In your marriage, in your home and in your world. And I think when you look at the newspaper and you listen to the buzzing on your smartphone, our world doesn't feel that safe."

Still, Aronofsky's main aim with "Mother!" was simply to entertain. "You always want to entertain your audience, and you want to bring them somewhere that they didn't know they were going to go," he

Jennifer Lawrence is put through hell in mother!

says. "[For the audience to] have an experience that they didn't know they were going to have, and have these feelings in them that they may not know they were going to feel, so that they are transported by the film. That's the first thing, just on a plain visceral level."

There's no question that Darren Aronofsky achieved just that with "Mother!," which provokes, pummels, and entertains — and is also now in cinemas across the country.

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10 Best concerts coming this fall

From new solo acts to '90s nostalgia, here are the can't-miss shows of fall in NYC.

JACKIE KOLGRAF
@MetroNewYork
letters@metro.us

Ed Sheeran will play Barclays Center Sept. 29- Oct. 1.
ALL PHOTOS GETTY IMAGES

Catch Ben Folds Oct. 21 at Kings Theatre.

After an already exciting summer festival season, New York is welcoming in the fall months and cooler weather with open arms and some of the biggest acts in music. From a unique acoustic experience with rapper T-Pain to a solo tour by former One Directioner Harry Styles, there's an act to please everybody this season.

1. Ed Sheeran
One of 2017's biggest artists (you've gotta be a pretty big deal to score a guest star role on "Game of Thrones," after all, the British crooner comes to Brooklyn to perform his most recent album, ÷ (Divide), on one of his 187 global tour dates. His lead single "Shape of You" has racked up over 1 billion streams on Spotify.
Sept. 29-Oct. 1, Barclays Center, barclayscenter.com

2. Katy Perry
Fresh off her feud with Taylor Swift, the newly reinvented Katy Perry is ready to kick off October with three shows in Manhattan and Brooklyn. Get Chained to the Rhythm and be ready to Swish Swish all night.
Oct. 2 & 6, Madison Square Garden; Oct. 11, Barclays Center, ticketmaster.com

3. Harry Styles
On his first solo tour since leaving One Direction, Harry Styles will pack Radio City Music Hall for a surprising and intimate show. "Sign of the Times," the pop-rock ballad and lead single off his self-titled album, debuted at No. 4 on the Billboard Hot 100. If you can't get tickets, Styles will swing back through NYC next June for two dates at Madison Square Garden.
Sept. 28, Radio City Music Hall, radiocity.com

4. Kesha
After a long and public legal battle against her former record label and producer, Kesha returns to music with the emotional, political and feminist album "Rainbow." She'll be performing her first album in nearly half a decade on back-to-back nights at two of the city's most intimate venues.
Oct. 9, Hammerstein Ballroom; Oct. 10, Irving Plaza, ticketmaster.com

5. Halsey
Catapulted to fame by her 2016 collaboration with The Chainsmokers on their track Closer, Halsey comes to New York City as a headliner in her own right as part of the Hopeless Fountain Kingdom World Tour. She was the first female artist of 2017 to debut at No. 1 on the Billboard 200, and is getting some backup from Charli XCX.
Oct. 13, 7 p.m., Barclays Center, barclayscenter.com

Bruno Mars

6. Bruno Mars
Over the past year, Bruno Mars has released three chart-climbing singles off his third studio album: 24K Magic, That's What I Like and, most recently, Versace on the Floor. It also helps that the five-time Grammy Award winner is undoubtedly one of pop's most entertaining live performers.
Sept. 22-23, Madison Square Garden; Oct. 4, Barclays Center; Oct. 5, Nassau Coliseum, ticketmaster.com

7. Guns N' Roses
Axl Rose, Slash and Duff McKagan are back together for their Not in This Lifetime Tour. Already having been on the road for nearly a year and a half, GNR brings with them a fully loaded set list of 30 songs with three hours of stage time.
Oct. 11, 12, 15 & 16, Madison Square Garden, thegarden.com

8. Brand New
Brand New shocked their fans recently by dropping their fifth LP two months early — their first album in eight years. It debuted at No. 1 on the Billboard 200 and is possibly the band's final album and tour, so be sure to catch them on their stop in the city.
Oct. 19, 7:30 p.m., Kings Theatre, 1027 Flatbush Ave., kingstheatre.com

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Kesha will slay at Hammerstein Ballroom Oct. 9 and Irving PLaza on Oct. 10.

See T-Pain Oct. 27 at Gramercy Theater.

Katy Perry plays MSG Oct. 2 and 6, and Barclays Oct. 11.

9. Ben Folds
The '90s rocker's recent tours have been backed by a full orchestra. But for his fall stop in NYC, he's taking it back to the era when we knew (and loved) him best with a high-energy rock show starring just him on a piano. Because while his deceptively upbeat tunes are beautiful, the real fun comes from his petulant and earnest lyrics.
Oct. 21, 8 p.m., Kings Theatre, 1027 Flatbush Ave., Brooklyn, kingstheatre.com

10. T-Pain
Three years ago, T-Pain (Buy U A Drank, Can't Believe It) shocked the world with an acoustic performance on NPR's Tiny Desk series. It was such a departure from his heavily autotuned radio singles that it went viral, and now T-Pain is embarking on an acoustic tour inspired by the Tiny Desk success.
Oct. 24, 7 p.m., Gramercy Theater, 127 E. 23rd St.,

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Prospect Park's fall *eats*

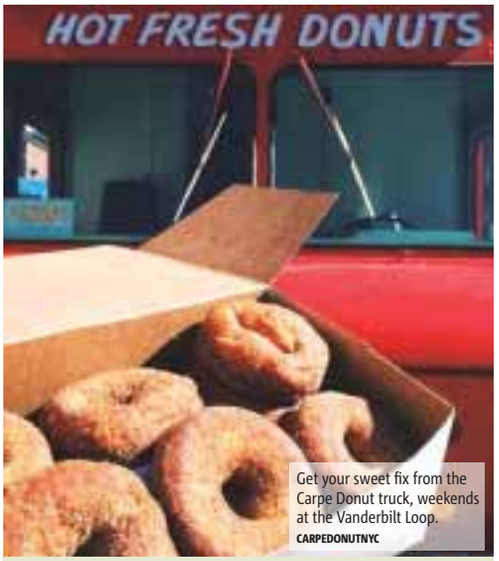
King David Tacos, Carpe Donut NYC and Anton's Dumplings are the park's new food vendors.

KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

This fall, your Prospect Park picnics going to get a lot more delicious. Be-Three new food vendors will set up at the park: beginning today, King David Tacos, with Carpe Donut NYC and Anton's Dumplings to follow later this fall.

These mobile offerings will join the park's existing food options, which include the Bluestone Cafe at LeFrak Center, Smorgasburg Prospect Park (open Sundays through October at Breeze Hill, near the park's Lincoln Road entrance), seasonally open concessions at the Prospect Park Carousel and Parade Ground and, of course, the bounty of fresh and prepared foods available year-round at Grand Army Plaza Greenmarket on Saturdays.

Here's what to know about the new park eats.



Get your sweet fix from the Carpe Donut truck, weekends at the Vanderbilt Loop. CARPEDONUTNYC

Carpe Donut NYC

Make your park weekends a little sweeter by visiting the Carpe Donut truck, parked at the Vanderbilt Loop Saturdays and Sundays from 8 a.m. to 4 p.m. Don't miss the FroDo, a doughnut ice cream sandwich filled with Blue Marble vanilla. They're also serving apple-cider donuts, along with beverages like Italian-style hot chocolate, coffee and hot and iced apple cider.
carpedonutnyc.com

King David Tacos

Get your morning sustenance at Grand Army Plaza, where this Brooklyn-based, Austin-bred business will be slinging breakfast tacos daily. Choose between three signature tacos: the BPEC (bacon, potato, egg and cheese), Queen Bean (refried bean, potato, egg and cheese) or the Or'izo (Mexican chorizo, potato, egg and cheese), and rotating seasonal sides — plus plastic bottles of Topo Chico, the best seltzer in the land. You'll find the mobile cart stationed Monday to Friday from 7 a.m. to 11 a.m. and weekends until noon.
Kingdavidtacos.com

Potato, chicken or Siberian pelmenis are served with a complimentary half-sour. LADYPARMALADE

Anton's Dumplings

Get your dumpling fix down at Prospect Park West and 9th Street, where this mobile cart does them Russian style — pelmenis. Choose between the potato, chicken or Siberian, complimentary half-sour pickles and toppings including smoked gouda fondue, Sriracha, soy sauce and sour cream and chive. Available Wednesday through Monday from 11 a.m. to 11 p.m.
antonsdumplings.com

wellbeing

What you need to know about ovarian cancer

Ovarian cancer is the 10th most common cancer for women and the 5th leading cause of death. ISTOCK

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In the past decade, there have been exciting advances in women's reproductive health. The Affordable Care Act mandated that insurance carriers cover routine mammograms and gynecological visits, as well as birth control (unfortunately, there are efforts afoot in Washington to reverse these gains). Plan B, or "the morning-after pill," was made available for purchase over the counter. And a vaccine now protects girls and boys from developing human papilloma virus (HPV).

But there is still a long way to go. According to the American Cancer Society, ovarian cancer kills more American women than any other cancer of the reproductive system. As of 2017, 22,440 women will receive a new diagnosis of ovarian cancer, and about 14,080 women will die from ovarian cancer. September is National Ovarian Cancer Awareness Month, so we talked to Dr. Stephanie V. Blank, director of women's health at Mount Sinai Downtown-Chelsea Center, for more information on the disease.

How common is ovarian cancer in the U.S.?
[It's] the 10th most common cancer for women and 5th leading cause of death.

What are the risk factors for breast cancer?
Some genetic mutations increase risk – BRCA1, 2 and others. More risk factors include never having had children, increasing age, endometriosis and obesity.

Is it preventable?
Risk of ovarian cancer can be reduced by taking birth control pills or by surgically removing the tubes and ovaries.

What are the symptoms?
The symptoms are vague and nonspecific, but symptoms do exist: pelvic or abdominal pain, bloating, feeling fullness, urinary issues.

What is the survival rate if caught early enough?
What is "early enough"? Early enough is being discovered at stage 1, when it has not spread beyond the ovary. In this case, five-year survival is over 90%.

How is it detected?
When a woman presents with symptoms, it is usually imaging tests — transvaginal ultrasound or CT scan -- plus a tumor marker called ca125 that lead to diagnosis. Ovarian cancer is a tissue diagnosis.

How is it treated?
Ovarian cancer is treated with surgery and usually chemotherapy. The most important thing a woman who suspects she has ovarian cancer can do to improve her care is to make sure she is being treated by a gynecologic oncologist. Women with ovarian cancer who are treated by gynecologic oncologists live longer.

Is it more common among women who have had breast cancer?
Yes — oftentimes but not always due to these women having a genetic predisposition to cancer.

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Sitting is bad for you

A study shows that sedentary time increases the risk of early death.

KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

If you're sitting down right now as you read this, you might want to get up and move around, for the sake of your health. Research shows that being sedentary for long periods is linked to an increase in early death — even if you exercise regularly.

The study, published in the Annals of Internal Medicine, tracked the activity of almost 8,000 adults ages 45 and older over an average of four years, during which 340 participants died. Researchers measured the "sedentary time" — both total daily sitting time and duration of uninterrupted bouts — of participants using hip-mounted accelerometers.

The findings show that the less time spent immobile, the better. Subjects who typically sat for shorter than 30 minutes stretches had a 55 percent lower risk of death compared to those who sat for longer than half-hour spans. Those who frequently kept still for 90-minute bouts had a nearly 200 percent higher risk of death compared to those who usually stayed put for less than 90 minutes at a time.

When it comes to total daily sedentary time, "those who sat for more than 13 hours per day had a two-fold greater risk of death compared to those who sat for less than about 11 hours per day," lead author Keith Diaz, an associate research scientist at the Columbia University Department of Medicine, told CNN.

The increased risk was for "all cause mortality" and wasn't influenced by other factors, including age, sex, BMI, exercise output or other health conditions.

A standing desk isn't necessarily the solution, as there isn't sufficient research to show that standing is actually healthier for you then sitting. Certainly, a treadmill desk, which keeps you moving as you work, would be a good solution. You could always quit your desk job and become a park ranger!

Or, as Diaz suggested, take five to 10 minute "movement breaks" every half-hour. Go get a coffee, chat with a coworker, go to the bathroom, do jumping jacks at your desk — whatever it takes. There's no need to kill yourself over work.

The advice to be more active applies to all areas of your life. If you're bingeing Netflix every night, at least make sure you get off the couch for a few minutes after every half-hour episode. No surprise, it seems the biggest deterrent to regular movement is the proliferation of screens.

While you're committed to moving your body at regular intervals, be sure to keep up the exercise, too. The American Heart Association recommends 30 minutes, five days a week of moderate exercise that gets your heart rate up 50 to 75 times its normal rate, such as brisk walking, or 25 minutes, three times a week of vigorous exercise, like cardio, that elevates your heart rate up to 85 percent.

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Yankees tip postseason plans, Severino likely to start WC Game

With two weeks remaining in the regular season, the Yankees look like they're thinking ahead to the playoffs.

JOE PANTORNO
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Time is running out in the 2017 Major League Baseball regular season and the New York Yankees have to start being realistic.

There are two weeks to go before the playoffs start and it doesn't look like the Boston Red Sox can be caught in the American League East divisional race barring a sizable swoon in play.

Entering Monday night, New York sat three games behind Boston with 12 games left while the Red Sox play nine of their final 13 games against teams with losing records. While divisional title hopes are dim, the Yankees have a stronghold on the American League Wild Card. With a four-game lead over the second-place Minnesota Twins and a six-game lead over the Los Angeles Angels, a postseason spot tantalizingly close to being clinched as their magic number was down to eight on Monday.

It looks as though the Yankees are already looking ahead to the single-elimination Wild Card Game that will be played on Tuesday, Oct. 3, at least with their pitching staff.

And it looks like Luis Severino would be the arm of choice.

"He could pitch Friday or he could pitch Wednesday, but right now he is scheduled for Friday," Yankees manager Joe Girardi told the media on Sunday. "If he starts on Wednesday, that would be three starts and he would be available on the final weekend. Right now, we are planning on [Masahiro] Tanaka on Wednesday, but I could change my mind."

Luis Severino is the logical choice to take the ball in a single-elimination playoff game for the Yankees. GETTY IMAGES

Should the Yankees keep to that schedule, Severino would start twice before the AL Wild Card Game, ensuring he gets plenty of rest before their first postseason game since 2015. It's a no-brainer to start the 23-year-old in what would be the team's biggest game of the year. Garnering his first All-Star selection this season, Severino is 13-6 with a 2.93 ERA that ranks third in the American League behind Corey Kluber of the Cleveland Indians and Chris Sale of the Red Sox.

What's even better for the Yankees is that it looks as though Severino is heating up at just the right time as he's been stellar in his last three starts:

- **Sept. 3 vs. Red Sox (Win)-** 6.0 innings pitched, 2 hits, 0 earned runs, 1 run, 9 strikeouts
- **Sept. 9 at Rangers (W)-** 7.0 IP, 1 H, 1 ER, 10 K's
- **Sept. 15 vs. Orioles (W)-** 8.0 IP, 3 H, 2 ER, 7 K's

Severino has not pitched against the Twins this season, which is the team currently slated to face the Yankees in the Wild Card Game.

Who could Yankees meet in the playoffs?

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Jalen Richard slashed the Jets open for a 52-yard touchdown on Sunday afternoon. GETTY IMAGES

Jets defense is worse than we thought

Despite having some talent within its ranks, Gang Green's defense has been horrible over the first two weeks of the season.

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The New York Jets are a bad football team. This isn't a hot take or anything new to football fans. Gang Green is Gang Gag and that's just the way it is going to be this season until they have the resources to rebuild.

However, most of the struggles were expected to come from the offense considering a 38-year-old veteran quarterback in Josh McCown with a career winning percentage of .290.

Granted, New York ranks 26th in the league in total offensive yards gained after two games this season. So there are some things that are true to form.

But the defense was expected to be a tick better than the offense in 2017, though not by leaps and bounds. Defensive ends Leonard Williams and Muhammad Wilkerson could at least bring pressure around the edge to anchor a somewhat imposing defensive line that also features nose tackle Steve McLendon.

It appeared as though the team also drafted the cornerstone of its secondary in safety Jalen Adams out of LSU. Of course, that might still be the case, but the early returns for this entire unit have been awful.

So awful that the offense is actually the least of their problems.

Head coach Todd Bowles called out the Jets' defensive line after they surrendered 190 rushing yards to the Buffalo Bills in Week 1. It didn't do much.

On Sunday against the Oakland Raiders, New York surrendered another 180 on the ground in a 45-20 beatdown that included rushing touchdowns of 43 and 52 yards.

"We're supposed to be a run-stopping defense," linebacker Jordan Jenkins said (h/t ESPN.com). "We have to find ways to eliminate that. It's getting to the point where it's out of hand."

The 370 yards and four rushing touchdowns allowed in the first two weeks are both the most in the NFL. It's not going to get much easier for them either as their Week 3 opponents, the Miami Dolphins, features Jay Ajayi, who rushed for 122 yards in his season debut on Sunday against the Los Angeles Chargers.

While the pass defense has fared better with 448 yards allowed through the air, the five passing touchdowns given up is tied for third-worst in the league. They haven't got much help from that defensive line though as the pass rush has collected just a pair of sacks so far.

Once the defensive line wakes up, maybe the Jets have a chance to start keeping their opponents off the scoreboard more.

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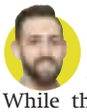
Plawecki making strong case for more time in 2018



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While the crosstown-rival Yankees countdown to their magic number of playoff contention, the New York Mets are simply waiting to be put out of their misery.

A heinously disappointing campaign has but two weeks remaining as the Mets are left to wonder what might have been if health and possibly a little bit of luck were to play on its side for a change.

But once again, future promises are the team's consolation prize as Terry Collins and Co. start looking for pieces to use for the playoff puzzle in 2018.

One of the team's most notable needs is at catcher as starter Travis d'Arnaud has left much to be desired at the position, both offensively and defensively. Staying relatively healthy for the first time since 2014, the 28-year-old's arm has been suspect behind the plate. Of 60 attempted base stealers, d'Arnaud has thrown out just 11 of them, which is a dismal 18 percent.

His bat hasn't been much stronger. In 318 at-bats, d'Arnaud is batting .239 with a .286 on-base percentage, 12 home runs and 45 RBI.

While there is a premium for offensive catchers around the league, it's understandable why some would call for the Mets to survey their options at the position.

General manager Sandy Alderson has already hinted that he is content with his current catching situation and that it probably will go unchanged in 2018. But it might not be d'Arnaud that will start a bulk of the games behind the plate. If you look at backup catcher Kevin Plawecki's 2017 numbers, they are nothing more than pedestrian.

Spending most of the season in the minors until the Mets dealt Rene Rivera — then the backup to d'Arnaud at the time — to the Cubs, Plawecki had to contend with a two-month hiatus from the majors from May to August. Though he played just 10 games in the first two months of the season, it wasn't particularly pretty.

He recorded just three hits in 24 at-bats, which came out to a .125 average before being sent down.

Since his return from triple-A on Aug. 19, he's been a completely different player. In just 17 games, he's batting .283 with a .367 on-base percentage, two home runs and five RBI.

"I was pressing a little too much, to be honest, and maybe swinging at some pitches that I normally am not comfortable swinging at, just to try to make some things happen," Plawecki told the New York Post.

"And what has been different this time is just trusting what I have been doing all season down there [in the minors] and not having that thought in the back of my head, 'How long am I going to be here and how big of a window do I have to prove myself?'"

With the way he's playing now, that window is only growing as Metro Stats Session takes a look at what Plawecki's numbers would possibly look like if he platooned with d'Arnaud for a full season at his current 17-game pace.

Metro Stats Session

Kevin Plawecki prospective stats

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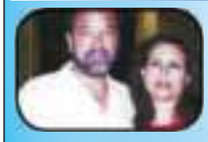

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Court Cases	Visa Problem
Husband Wife relationship	
Lucky Numbers etc.	

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Across

1 Pond dweller
5 Doctor
10 Petty quarrel
14 Proposal
15 Curly-tailed dog
16 Water, in Baja
17 Swindle
18 Bitterness
20 Make a choice
22 Finders' fees
23 Timidly
26 RSVP word
27 Actor Willem --
30 Charged particle
32 Sherpa's country
36 Matty of the diamond
37 Hair goo
39 Famous Khan
40 Bring up
42 Nestled
44 Baseball's Mel --
45 Do a slow burn
47 Glassmaker -- Lalique
48 Type of spray
50 Mr. Tolstoy
51 Surfer slang
52 Alert color
54 Out of kilter
56 Glide lightly
60 Type of cracker
64 Not daunted
67 Pinch
68 Congers
69 "Lohengrin" or "Tosca"
70 Now, to Caesar
71 Bug repellent
72 Blunt
73 Like slate

Down

1 Robins' beaks
2 Actress -- Adams
3 Healthy
4 Dates (2 wds.)
5 Singer -- Robbins
6 Barely make it
7 Negative prefix
8 Cato's road
9 Hollow stems
10 Nogales nosh
11 Disney CEO Bob --
12 Endow
13 Oily substances
19 Coiled about
21 Ernesto Guevara
24 Big name in trains
25 -- Kippur
27 Writer -- Runyon
28 Prince Val's wife
29 Printer's assortments
31 Tortilla snacks
33 Grew ashen
34 Old satellite launcher
35 Put cargo on board
37 "The Gold-Bug" author
38 Unpaid
41 Small land masses
43 Nodding off
46 Iced drink
49 Portrait painter
51 Psst!
53 Audition tapes
55 Early camera
56 Went to court
57 Trouser part
58 Out of work
59 Entranced
61 Travel
62 Active volcano
63 Spicy
65 Stadium cheer
66 Make a wrong move

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easy

7	8		4	2				
	2			8	6			
	9		3				8	4
1							5	2
9								1
2	4							3
4	3				9		1	
			8	1			9	
				7	3		2	6

hard

		4				2		
			2		1	3		6
	2			9				7
6	5		8	1			7	
		8				6		
	4			5	6		2	1
5				3			9	
3		9	4		5			
		2				5		

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Aries Listen to what's being said. Someone will be vague about what he or she expects from you. Don't guess when you can ask questions and get it right the first time.

Taurus The effort you put in will not be ignored. A job change or interview will go well. Displaying your attributes will seal a deal. Travel will lead to new beginnings.

Gemini Getting out and taking note of how other people live or do things will leave you questioning your personal life and beliefs. Consider your options before you change.

Cancer If you discuss your concerns, you will find a way to resolve any issues that might jeopardize an important relationship. Be creative in the way you do your job.

Leo An unexpected change will be beneficial. Your ability to use your physical attributes to improve your situation will pay off. Romance will encourage happiness.

Virgo Look for something that will motivate you to do more. An exercise routine will get you in shape and become something you look forward to doing.

Libra Pay closer attention to what's going on in your own backyard instead of looking to see what everyone else is doing. Keep your personal papers up to date.

Scorpio Uncertainty will prevail if you let your emotions take control. Aim to be productive and consistent. How you approach your responsibilities will make a difference.

Sagittarius Make personal changes that will help boost your confidence and give you the gumption to chase prospects. Trust and believe in yourself, not in what others tell you.

Capricorn Make your emotional, physical and mental well-being a priority. Find ways to stretch your dollar. Encourage others to pitch in and help. Simplicity is favored.

Aquarius Be reluctant when dealing with people who lean on you. Take time to deal with your own problems instead of letting others weigh you down with theirs.

Pisces Explore new avenues. Your versatility and openness will attract positive input from people who have something to contribute.

EUGENIA LAST

Yesterday's answers

P	R	A	M				W	O	K		M	E	S	S
H	U	L	A	S		C	A	A	N		A	L	M	A
I	N	E	R	T		I	N	F	O		T	O	I	L
L	E	C	T	E	R	N		S	C	R	U	P	L	E
				I	D	E	M		K	A	R	E	E	M
A	S	P	E	N	S		A	L	O	H	A			
C	H	A	P	S		A	S	I	F		T	I	N	E
T	U	N	A		S	C	O	F	F		I	S	A	Y
S	I	T	U		E	R	N	E		G	O	O	S	E
			L	A	T	E	R		C	A	N	N	A	S
A	S	S	E	R	T		Y	A	N	G				
L	E	N	T	I	L	S		A	N	G	E	L	I	C
T	R	O	T		I	N	C	H		E	M	O	T	E
O	G	R	E		N	A	B	S		D	I	C	E	D
S	E	E	S		G	P	S			R	I	M	E	

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Ali Yüce / TRT Radio
Arafat Dayan / Demokratik Ulus Newspaper
Aslı Ceren Aslan / Özgür Gelecek
Atilla Taş / Meydan Columnist
Ayhan Demir / Çaldıran News Agency
Ayhan Karahan / Bodrumca
Ayşe Nazlı Ilıcak / Yarina Bakis
Ayşenur Parıldak / Zaman Newspaper
Aytekin Gezici / Freelance Journalist
Aziz İstegün / Zaman Newspaper
Bayram Kaya / Zaman Newspaper
Beytullah Özdemir / Zaman Newspaper
Bülent Utku / Cumhuriyet Daily
Bünyamin Köseli / Aksiyon Magazine
Cebrail Parıltı / Anadolu News Agency
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Ceren Taşkın / Hatay'ın sesi
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Cuma Ulus / Millet
Deniz Yücel / Die Welt
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Ercan Gün / Fox News
Erdal Şen / Meydan
Erdal Süsem / Eylül Magazine
Erol Yüksel / TRT
Erol Zavar / Odak Magazine
Ethem Çağır / Özgür Gündem Columnist
Fahrettin Kılıç / Özgür Toplum
Faruk Akkan / Cihan News Agency
Fatma Ölmez / Radyo Ses
Ferhat Çiftçi / Azadiya Welat
İbrahim Balta / Zaman Newspaper
İbrahim Karayeğen / Zaman Newspaper
İdris Sayılgan / DIHA News Agency
İlker İlkan / Azadiya Welat
Inan Kızılkaya / Özgür Gündem
İsa Siyi / Haberdar
İsmail Avcı / Zaman Newspaper
İsmail Efe / Freelance Journalist
Kadri Gürsel / Cumhuriyet Daily
Kamuran Sunbat / DIHA News Agency
Kazım Kızıl / Kamera Sokak
Kenan Karavil / Radyo Dunya
Lokman Erdoğan / Çorum Manşet
Mahir Kanaat / BirGün Newspaper
Mazlum Dogan / DIHA News Agency
Mehmet Altan / Author
Mehmet Baransu / Taraf Daily
Mehmet Dener / Şanlıurfa.com
Mehmet Güleş / DIHA News Agency
Mehmet Kuru / Zaman Newspaper
Mehmet Özdemir / Zaman Newspaper
Meşale Tolu / ETHA Translater
Mikail Barut / Özgür Halk Magazine
Miktat Algül Mezitli / FM editor-in-Chief
Mizgin Çay / Radyo Karacadağ
Muhammed Doğru / DIHA News Agency
Muhammet Taşçılar / Sanliurfa News
Mümtazer Türköne / Zaman Newspaper
Murat Aksoy / Yarına Bakış
Murat Avcıoğlu / Author
Murat Öztürk / Çorum Manşet
Murat Sabuncu / Cumhuriyet Daily
Musa Kart / Cumhuriyet Daily
Mustafa Erkan Acar / Cihan News Agency
Özgür Amed (Ethem Çağır) / Özgür Gündem
Özkan Mayda / Zaman Newspaper
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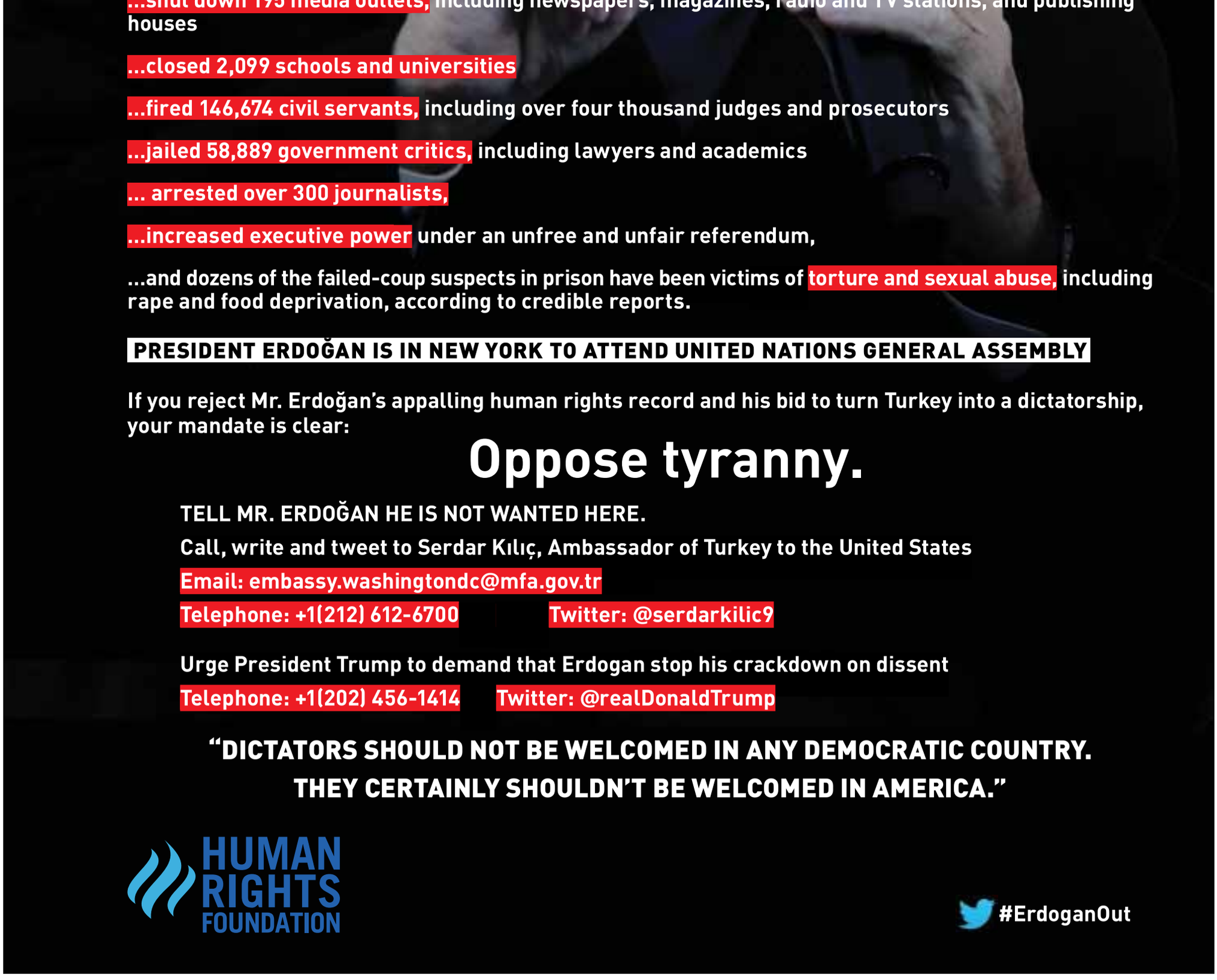
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...closed 2,099 schools and universities
...fired 146,674 civil servants, including over four thousand judges and prosecutors
...jailed 58,889 government critics, including lawyers and academics
... arrested over 300 journalists,
...increased executive power under an unfree and unfair referendum,
...and dozens of the failed-coup suspects in prison have been victims of torture and sexual abuse, including rape and food deprivation, according to credible reports.
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